

F E B R U A R Y 2 0 0 5

Facets

F O R W O M E N

**Women
Volunteering
at Any Age**

**Become a
Social
Capitalist**

**Heart
Disease:
A Sometimes
Silent Killer**



Notes from the newsroom



**By Frances Wilke
Facets Editor**

This February issue will delve into the realm of volunteering, sharing that is often more menial than monetary in giving. In

essence, it is the things we normally do for our friends, transferred to strangers.

Here are a few women of varying ages that have come to our attention. Ruth Swenson is 80 years young and still considered a powerhouse in Ames. In fact, a friend of mine at church called her the "Queen of Volunteering." I just call her a good egg.

On the other end of the age spectrum is Sarah Gidlewski, a 16-year-old with the right stuff.

Heidi Marttila-Losure wrote about volunteering and its place in the community. With the recent tsunami in South East Asia as a reminder, you could choose literally any place in the world to do your share. So, whether you make dinner and keep house for a family with an illness or share your professional skills with the Red Cross, there is work for everyone.

My most rewarding and lasting friendships all came to me through volunteering. I met Barb Weber from volunteering in the Ames School District. The Autism Society gave me Nancy Gruden-Shuck and Vicky Strom. My time spent at Woodward Resource Center brought Grace Amemiya into my life. The South Campus Area Neighborhood group brought me closer to Jean Thomas and Fern Kupfer. Like the number of people I met at the Ames Public Library, the list goes on.

The benefits of uncovering lifelong friendships are another reason to get out and volunteer. Whether you are an Ames native or new to the community, there are many reasons to give back. Sometimes our circle of friendships change with age and joining a group can fill that void.

On a serious note that demands attention: It's been a sad couple of weeks in the newsroom with the passing of Beth Anderson, a 47-year-old Tribune reporter who apparently suffered a fatal heart attack. Beth was one year older than me. Her death made more than a few folks around here feel mortal. In this issue you will find Dr. Denise Sorrentino's column about a 45-year-old woman that suffered a heart attack. It brought it home that heart disease is the leading cause of death in American women. Let's sit up and take notice. ♦

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WELCOME TO

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Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

FACETS IS A SUPPLEMENT TO THE TRIBUNE

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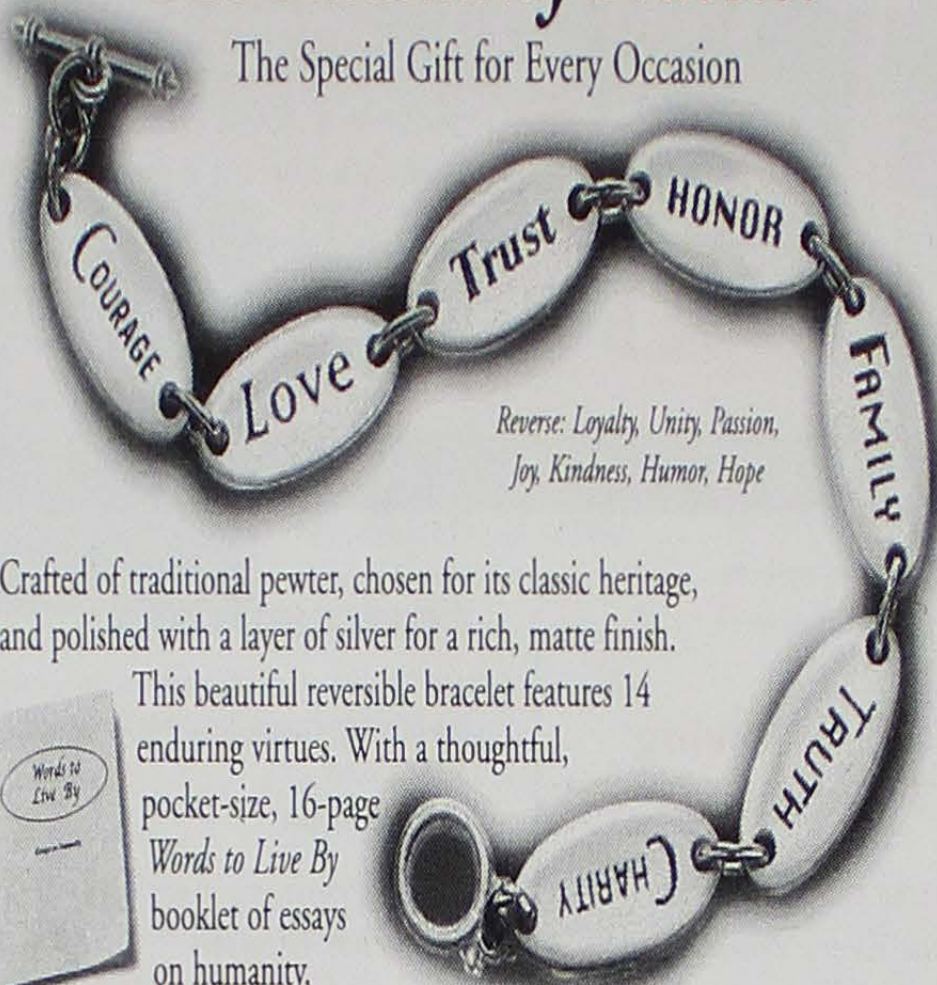
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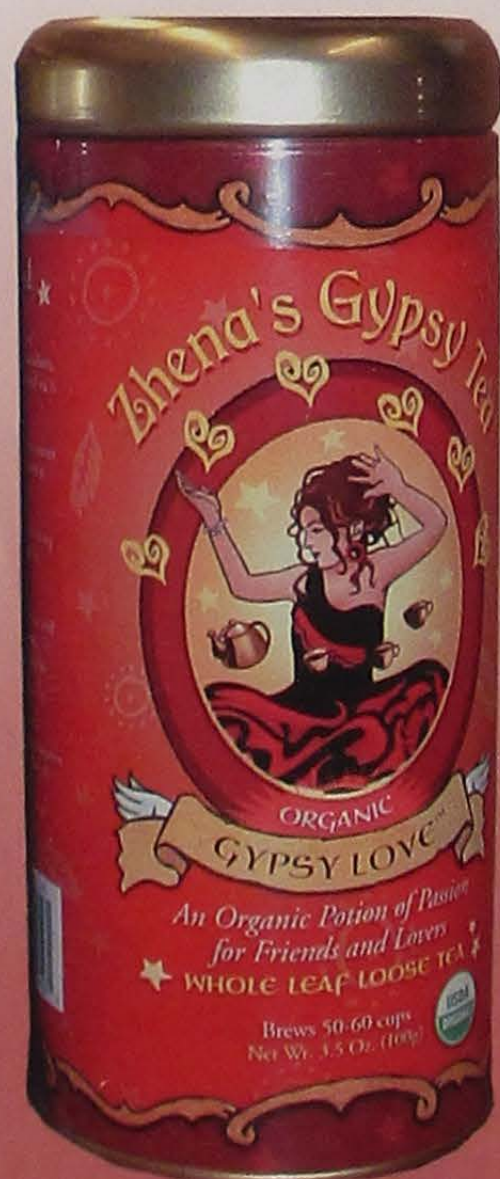
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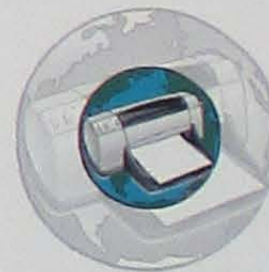
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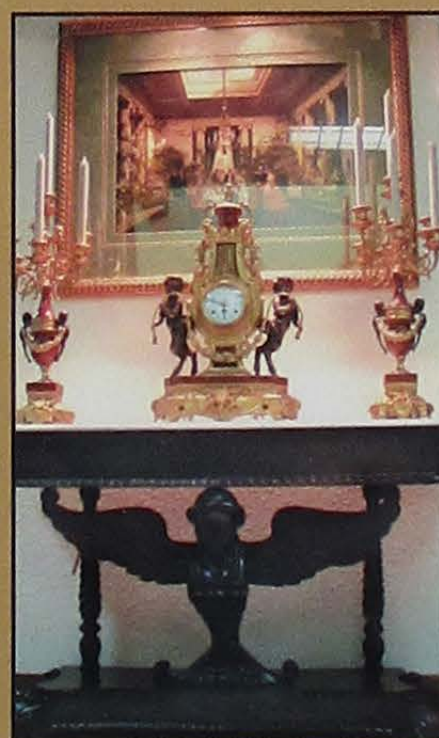
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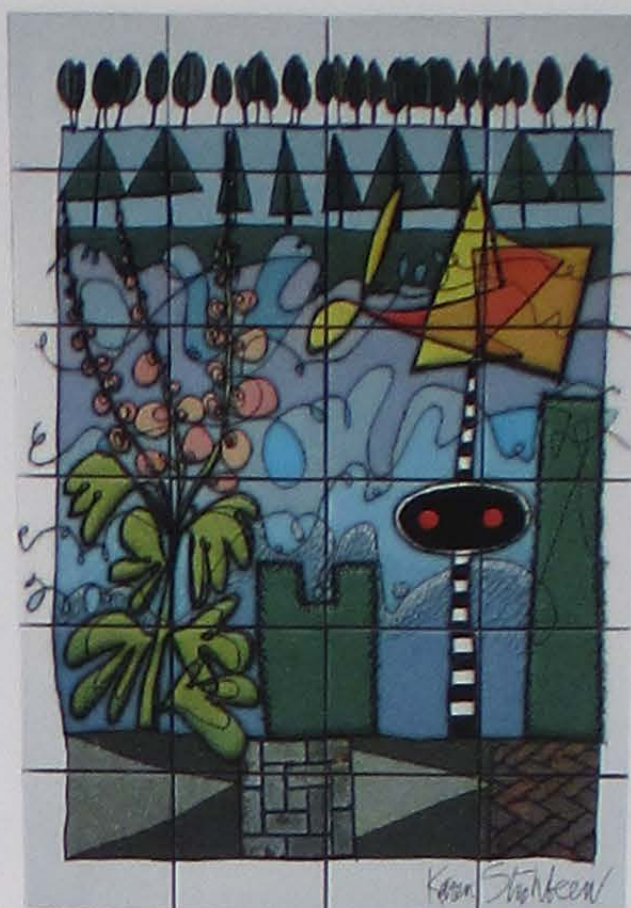
Hospitals should be welcoming places that use the environment as a part of the cure. Mary Greeley Medical Center understands this connection by having a first rate gallery for the patients and their families. Only Iowa artists are featured in the collection. Both of these pieces are located in the Bliss Cancer Center.

ANNUAL FUNDRAISER

Come to the Mardi Gras Ball, Sat. Feb. 12, without leaving Ames by attending the annual Mary Greeley Medical Center Gala. This formal benefit to be held at the Hotel at Gateway Center starts at 5:30 p.m. Festivities include a social hour, dinner, raffle as well as a live and silent auction.

The cost for the evening is \$75 per person, which supports the Cancer Resource Center of the William R. Bliss Cancer Center.

Don't forget to wear your dancing shoes as the Rumbles will be back by popular demand. Let the good times roll.



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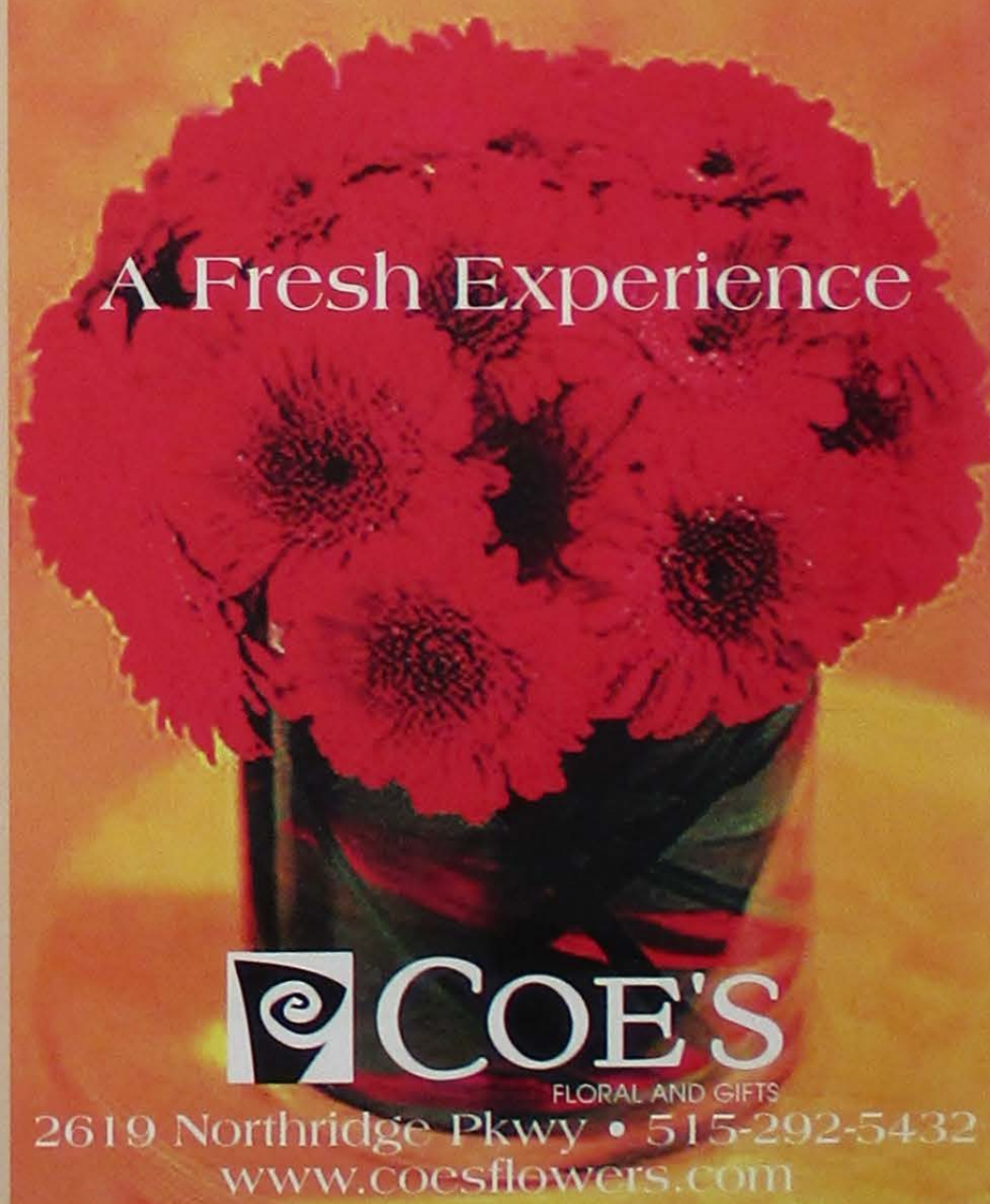
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YOUR SAY

Eighty-eight days in a nursing home

By Joyce Losure

"What? Me? Go to a nursing home?"

Yes, the hospital social worker explained to me, recovery from major back surgery would require skilled nursing care for the period when I was too well for the hospital but not well enough to go home. She said both of the care centers in Webster City, about 17 miles from my home, offer that service, and she would check to see if either had a vacancy.

Evidently, I had not realized before my operation just how long the road to recovery would be. I would need assistance in learning to walk again, and while I was ensconced in my two-piece, Velcro-fastened, plastic "turtle-shell" brace, my movements would be very limited. One daughter-in-law observed that I was a "BLT": no Bending, limited Lifting, and no Twisting! One of the certified nurse's aides later told me that they weren't sure if they could handle me, brace and all, when I arrived at the care center, and that they expected me to be there permanently.

It was unsettling to be taken to Southfield, the care center that had a vacancy. My mother spent her last years there, and I had not been back since 1990. The home was under new ownership, however, and featured many improvements. The facility was sparkling clean, and there was no Pine-Sol odor cover-up — thus it passed my personal "nose test" for approval. The staff, ranging from late teens to nearing retirement age, was friendly and welcoming.

And I soon settled into a routine. At my request, my meals

were served to me in my room. The menus were varied, and the food was surprisingly good. Imagine having to cook for such a large group of people and trying to satisfy them all!

The activities director had planned programs for the residents every day ranging from community sings to Bible study. In the afternoon, there was Bingo or other games. Although I was always invited, I did not participate; in the mornings I had sessions with both a physical therapist and an occupational therapist. (I queried why I needed an occupational therapist, since I had retired from my job in June. Her purpose was to train me to become self-sufficient before going home.) In the afternoons I needed to rest, and I often had welcome company.

My roommate had had to adjust to having another person in the room. She had enjoyed using both clothes cupboards, but now her things were crowded into one. Her television was turned on 24/7. While most of the time I mentally tuned out the noise because I had books to read, it seemed that just when I did want to hear a program, her phone would ring, visitors would arrive, or the custodian would run the vacuum cleaner in the hall outside our door.

As in the hospital, the care center was a world of its own. The emphasis on bodily functions was an important part of monitoring physical health. The vocabulary was direct and to the point: pee and poop, words never heard in my childhood home or even in my own house. There was no question about what was

meant, however. The nurses were always kind and considerate, even when cleaning up the messes.

During part of the semester, girls from a pre-nursing high school class came in from 6 to 7:45 a.m. for hands-on experience. This no doubt helped them decide if they wished to pursue a career in nursing. The care center staff provided capable mentors, and it was rewarding to witness the students' development during the time they spent with us.

As I watched the seasons change from late summer through the fall, I was entertained by a fat, sassy squirrel outside my window. There was one particular tree he fancied. He was very territorial and would not share it with the others, chasing them away. An edible, berry-sized growth remained on the bare branches. Squirrel relished these nibbles, and it was like watching an acrobatic exhibition as he tried to keep his balance while reaching for his treat, occasionally falling, but never farther than the next set of limbs.

I averaged at least one visitor a day at the home. One Sunday, following their worship service, the choir from my home church journeyed nine miles to sing for me and all those who gathered in the home's meeting room. The Sunday school children brought me cookies and sang a carol. My church circle visited and left a Christmas "Ideals." All visitors, cards, gifts and phone calls were treasured.

My family was most supportive. One son came from North Carolina to spend the first two weeks with me in the hospital following surgery. Other family

members from Iowa and Minnesota visited me and made preparations for my homecoming, building a ramp, overseeing bathroom remodeling, and providing transportation to doctor appointments.

Just a day before leaving to celebrate Thanksgiving at the home of my grandson and his wife, I learned that in order to stay on the Medicare payment program I needed a doctor's prescription—or a "scrip"—for my trip. In fact, there were only three reasons for leaving the care center without a scrip: keeping medical appointments, going to church, or going to the beauty shop. (That had not been a problem here, as one day a week there was a hairdresser at the home to do our hair and keep our morale up.)

The therapy programs were extremely challenging. I have never said "NO," or "I can't do that," so many times in my life. But the therapists prevailed; we became friends, and I progressed bit by bit, day by day, until they said they had nothing more to teach me; I just need to continue doing the exercises and other procedures they had led me through in order to become fully functional again.

So now, after 88 days in the nursing home, the next hurdle is to go to my own home. Although at first I will be there as a handicapped person, I will continue on the road to recovery. ♦

Joyce Losure is 76 years old and returned to her home in rural Hamilton County on Dec. 21. She and her husband hosted the family Christmas dinner, just as usual, at their home on Dec. 26.

WHAT DO WE READ

PERSONAL ACCOUNTS OF MIDDLE-EASTERN WOMEN

By Janet E. Klaas

About seven years ago, I was talking with a young woman who was originally from Saudi Arabia. A friend of mine had just left for a new job as an administrator of a new university for women in Jeddah on the coast of Saudi Arabia. I thought this geographic connection would make for a conversational opening with the young woman, so I mentioned my friend's new job.

"I don't envy her," the young woman said, "Saudi Arabia is a dreadful place for women"

"But I hear that Jeddah is a beautiful place," I returned. "It is beautiful, but the country is so repressive. I would never live there."

Though I knew there were strict rules of conduct for women in many parts of the Middle East, I had never given much thought to the lives of those women. But in the aftermath of Sept. 11, 2001, I, like many others, have become intensely interested in the region.

Since Islam is the defining influence for most of the countries of the Middle East, and religious fundamentalism is one of the causes of the repression of women, one of my reading groups spent several months discussing "The Battle for God," by Karen Armstrong. Published in 2000, the book focuses on fundamentalism within the three "religions of the book"—Judaism, Christianity, and Islam. Armstrong provides a penetrating study of a radical form of

religious expression that has shaped and continues to shape the course of world history.

While Armstrong's book presents an historical perspective to our present world disorder, the following books offer personal

dent for The Wall Street Journal, spent six years covering wars, insurrections, and the general upheaval of resurgent fundamentalism in the Middle East. This book, however, tells the more enduring drama of the everyday

oppressive cultural traditions from what she considers the true teachings of Islam.

"Persepolis: the Story of a Childhood:" Marjane Satrapi, 2003.

This is a graphic memoir. I mean graphic in its most specific sense — it is an adult comic book. Since it is a true story, I can't call it a graphic novel. Satrapi has drawn stark black-and-white panels to relate her girlhood in Iran. The daughter of radical Marxists and the great-granddaughter of Iran's last emperor, she bears witness to a childhood entwined with the history of her country.

"Women of Sand and Myrrh: A Novel," Hanan al-Shaykh, 1988.

Hanan al-Shaykh was born in Lebanon and brought up in Beirut before going to Cairo for her education. She worked for some time as a journalist in Beirut before moving to the Arabian Gulf and finally to London. She wrote short stories and novels in Arabic which were then translated into English. This novel tells the story of four women, living in an unnamed desert state, who are struggling to cope in a society where they have every luxury except freedom.

"Taliban: Militant Islam, Oil, and Fundamentalism in Central Asia," Ahmed Rashid, 2000.

Rashid is a correspondent for



accounts of women in the Middle East.

"Nine Parts of Desire; the Hidden World of Islamic Women," Geraldine Brooks, 1995.

Brooks, a foreign correspon-

lives of Muslim women in Egypt, Jordan, Palestine, Saudi Arabia, Iran, and — in Africa — Eritrea. Her writing is that of a careful journalist — a mixture of personal interviews and background information. Brooks is careful to distinguish misogyny and

NEXT?

The Far Eastern Economic Review and The Daily Telegraph. This book was 21 years in the making, the length of time Rashid covered Afghanistan as a journalist. Written before the attacks on the World Trade Center and the Pentagon, Rashid described the new face of Islamic fundamentalism and explained why Afghanistan had become the world center for international terrorism. One chapter, entitled "A Vanished Gender: Women, Children and Taliban Culture," describes the special plight of women.

"Veiled Threat: the Hidden Power of the Women of Afghanistan," Sally Armstrong, 2002.

Another journalist, Sally Armstrong, gives an account of Afghani women after the fall of the Taliban. She worked in Afghanistan both during and after the Taliban's chaotic reign. Her book is testimony to the many women she met and interviewed in Afghanistan. She describes the "dreadfully misogynist interpretation of Islam" that has taken hold in much of the Middle East, but also relates the heroic stories of women whose small acts of resistance are statements of freedom and fortitude.

"Leap of Faith: Memoirs of an Unexpected Life," Queen Noor, 2003.

Lisa Halaby, a young

woman of Lebanese-American descent, became Queen Noor in 1976 after her marriage to King Hussein of Jordan. Besides being a candid account of her life in Jordan, Leap of Faith also presents an insider's view of the growing gulf between the United States and the Arab nations.

"Honor Lost: Love and Death in Modern-Day Jordan," Norma Khouri, 2003.

In Leap of Faith, Queen Noor admits that she was "particularly concerned about our inability to remove the outrageous and legally protected practice of 'honor crimes' from Jordan's penal code, which essentially gave men license to kill wives or sisters or daughters accused of having had illicit sexual relations, with little fear of legal consequence."

Norma Khouri tells of one such consequence-free crime. Khouri's friend Dalia lived in Amman, Jordan. At the age of 25, Dalia fell in love with Micahel, a major in the Royal Army, and a Catholic. For a Muslim woman, any relationship with a Catholic man is forbidden. Her brothers discover that the two were meeting. Norma Khouri secretly wrote this account of her friend's life and death in an internet café. After its publication, she was forced to emigrate to Athens. She presently lives in Australia. ♦

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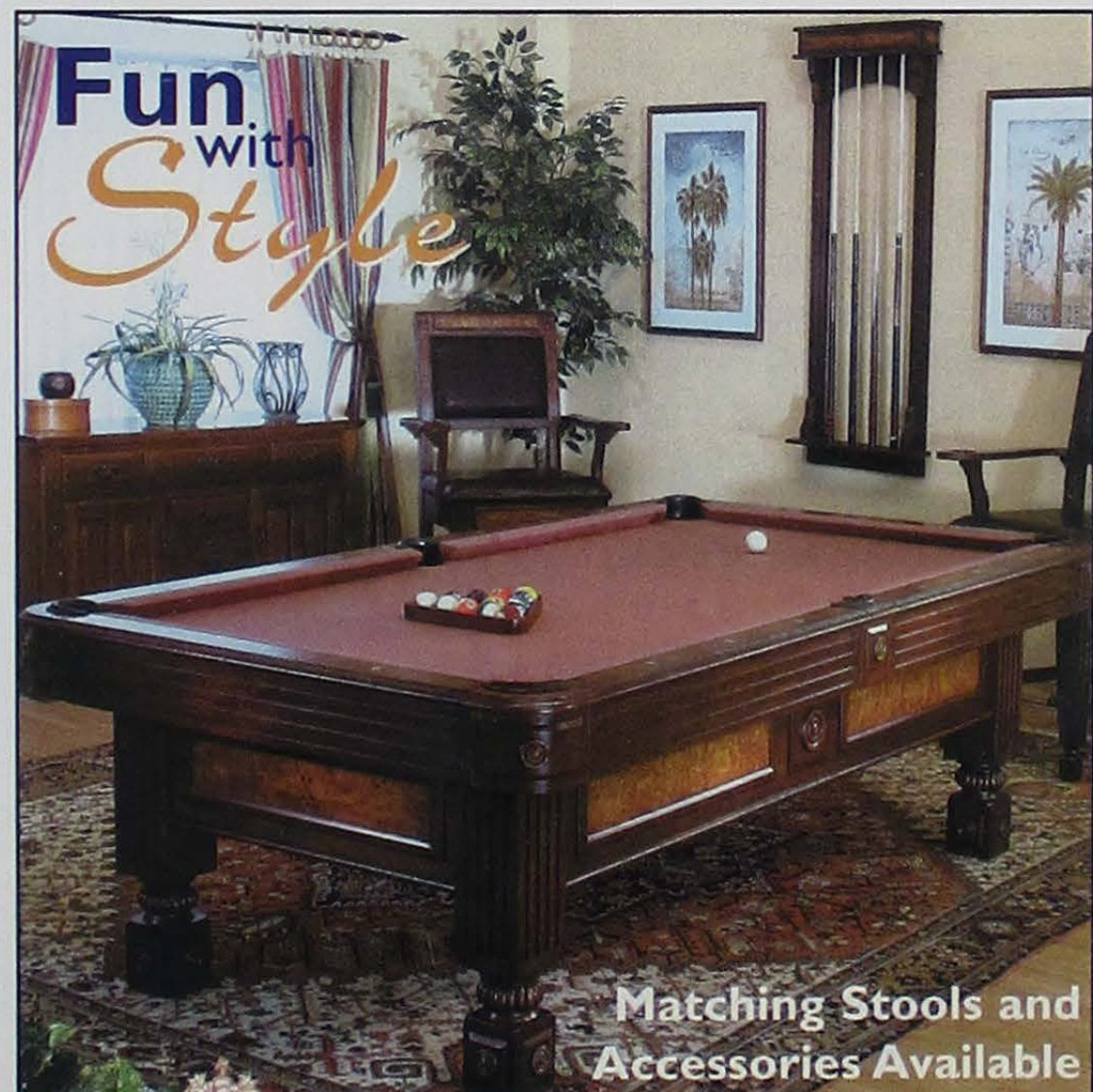
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WOMEN GIVING

By Frances Wilke
Facets Editor

Born to lead

Callie, a four-month-old black Labrador puppy is all nose, long legs and big paws. She is in her working clothes — sleek, black fur coat and a blue neckerchief with an insignia saying “Future Leader Dog.” Her trainer and nearly constant companion, Sarah Gidlewski, might be a teenager but she is taking on a big role: puppy-raiser extraordinaire.

So, what is a puppy raiser? Think of it as early childhood development program for guide dogs, a carefully monitored upbringing meant to ensure an emotionally stable dog. It takes a family to raise a guide dog. Luckily, Gidlewski’s dad is a veterinarian, her sister is a student at Iowa State University and her mother is a preschool teacher. And as it takes the whole family to help, the Gidlewskis, seem to be the perfect family for the job.

“Sarah has wanted to do this for a long time,” says her mother, Jane Gidlewski. “My father and Sarah’s aunt are both partially blind, so Sarah understands the need for these dogs in people’s lives.”

Puppy training isn’t all fun and games for the family. Ensuring that Callie has all the experiences she needs to be a successful guide can put a crimp in a teenager’s lifestyle.

“I slept on the floor next to her



Guide Dog Etiquette

As cute as these creatures are, the best rule of thumb is look, but don’t touch. When a dog is wearing its bandana, that means it is working. Crouching down to greet a dog is a no-no, too. This position says, “let’s play” in doggie language.

Ask the owner if you are eager to interact, but don’t be surprised or hurt if he or she say no. A great deal of training goes into these dogs, and people who aren’t informed about that training might unintentionally interfere.

OF THEMSELVES

kennel in the early days, but now she sleeps through the night," Gidlewski said. "I know of one family that had to leave the vacuum cleaner running for four days straight because the puppy was afraid of it."

It takes this kind of commitment to train these dogs.

Gidlewski zeroed in on the nearest guide-dog school with the best record of achievement and found The Leader Dogs for the Blind, located in Rochester, Mich. Eight out of 10 of their puppies make it through the program and become working guide dogs. You might say they are bred for success. By the end of the program, it costs up to \$30,000 to make the dog into a guide.

Research has shown that certain dog breeds, like Labradors, inherit characteristics of gentle-

ness. As the animals mature, experiences or the reaction to those experiences will make or break an animal's ability to be a successful guide dog. The Leader Dogs program arrange for a puppy counselor, whom Gidlewski can visit on a regular basis to ensure she is handling her responsibilities properly.

In addition to puppy counselors Randy and Carol Ann Kirkbride, Gidlewski is also hanging out with a slightly different crowd from the usual suspects. Accompanied by the Kirkbrides, Gidlewski trains, sometimes twice a month, with 10 inmates of the North Central Correctional Facility, a minimum-security prison in Rockwell City. The inmates have fostered approximately 26 puppies from the same program. The prison also has a

pound puppy program that rehabilitates dogs with antisocial habits and takes care of future guide dogs that are in the program when their trainers need a break.

"Sarah is amazing. How many other teenagers would give up a Friday night once or twice a month, drive four hours round trip, just to give their dog the training that it needs?" Carol Kirkbride asks. "This is a minimum-security prison; some of the inmates we work with have life sentences. What a learning experience."

Sarah Gidlewski will start to bring Callie to school in a couple of months, but right now her academics are demanding enough with a heavy schedule of advanced classes.

Callie will leave the Gidlewski

family sometime around Thanksgiving for further training at the Leader School. The goal is to give Callie enough socialization to be a guide dog. Local stores have been very accommodating in allowing Callie to go where most dogs aren't welcome.

Ten to 13 straight months of doggie care can be a long stretch of time, so vacation days need to be included in the training. The respite is important, as is dealing with the separation. This summer Gidlewski plans on going on the Western Civics European trip with students from Ames High School. When asked what she will do with Callie, Sarah gives an impish grin.

"I am sending her to prison." ♦

Meet women who get out and give

By Rebecca A. Petersen
Facets Coordinating Editor

It's winter. You've gained five pounds, read every magazine and book in your home, re-organized your OPI nail polish alphabetically and vowed to never let the junk drawer return to its previous tornadic state. Now what?

You could crawl up on the couch and watch all six seasons of *Sex in the City*. Or you could get out and make a difference.

The following women who have made volunteering a steady part of their life.



RUTH SWENSON

Age: 80

Occupation: Retired Dean of the College of Liberal Arts and Science, Iowa State University

Family: husband, Clayton;

sons, Bill, Randy, Paul; daughters, Anna, Wendy

Hours spent volunteering:

Depends on the cause. Sometimes it's really concentrated — might be 20 hours a week. Sometimes it's sporadic, like a few hours a week. It really depends on what organization it is.

Current volunteer service:

Story County Community Dental Clinic, Ames Planned Parenthood Center, St. John's Episcopal church; Reiman Gardens; United Way (co-chair-woman of the retired division).

Past volunteer service: Mary Greeley Medical Center hospitality shop, ASSET, Emergency

Residence Project; Heartland Senior Services; Youth and Shelter Services; Advisory Committee for Archives in Women in Science and Engineering; Phi Beta Kappa; United Way spirit award in 2001; Tribune Unsung Hero; Iowa Women's Hall of Fame 1989; Red Cross; League of Women Voters.

Why give back and volunteer:

"All of these organizations provide important services and this is a community of volunteers; busy people who find time to do something for the causes they care about. It's just that simple."

continued on page 14

continued from page 13



NICOLE GEBHART

Age: 30

Family: husband Greg;

4-year old Ben

Address: Ames

Occupation: Marketing director for Ames National Corp.

Hours spent volunteering:

3 hours per week. Some times are busier than others. "First National Bank is very good about encouraging volunteerism. They're very flexible

about giving us time to do volunteer work."

Current volunteer service: Ames Chamber of Commerce's Young Professionals, executive committee; Soroptomist International of Ames; Ames Community Preschool board; St. Paul Lutheran church; United Way; Chamber Ambassador

Why give back and volunteer: "I think it's a great way to really get involved and get to know the community. It makes you feel good about yourself and feel good about the things you try to do. You just make a lot of friends. I just enjoy getting involved."



TERESA PROPE

Age: 53

Address: Ames

Family: Husband, Phil; daughter, Alyson, 22; son, Nick, 25

Occupation: Certified public accountant

Hours spent volunteering: 10 to 20 hours a month

Current volunteer service: The Volunteer Center of Story County, treasurer; Ames Waldorf

Association; business and bank boards in Ames;

Past volunteer service: Ames Children's Museum initiative, TAG Association Board; PTA; PTO; Seasons of Giving; Boy Scouts; Girl Scouts and 4-H.

Why give back: "I believe that if you are not part of the solution, you are part of the problem. Apathy is a big part of the problem in American life. So, I can't just sit still and let other people take care of it." ♦

JOHANNA (JOEY) BENSON

Age: 33

Address: Ames

Family: Husband, Dan; 2 dogs, Cheyenne and Laramie; 1 cat, Dakota

Occupation: Market Research Specialist, Sauer-Danfoss

Hours spent volunteering: 20 hours on average per week.

Current volunteer service: Junior Chamber (Jaycees) organization;

2005 Editor of the Iowa Action, a newspaper that goes out to all Iowa Jaycees; 2005 trainer for Regional and District Directors for the Iowa Jaycees.

Past volunteer service: "My earliest memories of volunteering were of working with my mom at church events. Since that time I found the Jaycees, which opened up numerous opportunities for me. I have chaired many of the projects that the Ames Jaycees have sponsored and have held many leadership roles in both the Ames Chapter and for the Iowa Jaycees. I just recently completed my year as Individual Development VP for the Iowa Jaycees where I concentrated on providing personal and professional development training opportunities for Jaycees across Iowa."

Why do you volunteer?: "During my volunteer efforts with Jaycee projects I feel like I have gotten back so much personally. Not only do I have the knowledge that I have made a difference, but I have also had the opportunity to grow personally and professionally while chairing projects and holding officer positions for the Ames Jaycees and the Iowa Jaycees. Now, I am trying to give back to the organization through training others to be good leaders, building the organization while never forgetting about the basics of the organization, our local community projects."



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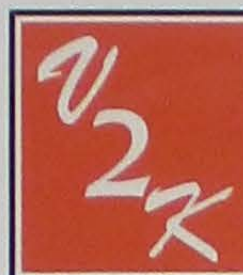
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Heart Disease

What every woman should know

By Denise Sorrentino

When Wanda Martin got sick the day after Christmas last year, she originally thought she had the flu.

"I was down for a week," says the Ames woman. "Then I went to work for a week before I got sick again."

Martin, who works in the maintenance department at Iowa State University, was far sicker than she thought. In fact, says her physician, Dr. John Pargulski of Iowa Heart Center's Ames office, "She was about as sick as you can get."

Here's how sick she was:

"I got up off the couch and couldn't breathe. I thought I had pneumonia," she said. "When my husband got me to Mary Greeley Medical Center in Ames, I had no pulse. I was in the middle of a heart attack."

Martin, 45 at the time, is not unlike other women who have suffered heart attacks at a relatively young age.

"I thought, 'How could it be a heart attack?' I didn't have any chest pain. I didn't have any tingling in the arms. I didn't have any of the symptoms."

Many women still think of heart disease as strictly a man's disease — but they're wrong. Heart disease is the leading cause of death for American women. While women frequently think of cancer as being the most lethal, nearly twice as many women die of heart disease and stroke as from all forms of cancer combined, including breast cancer. Martin is certainly a believer now.

When she got to the hospital last January "her heart was not keeping up with the body's demands," said Dr. Pargulski. "Other organs in her body were starting to fail because of the heart's problems."

Once stabilized, she was transferred to the Iowa Heart Hospital at Mercy in Des Moines, where Dr. L.A. Iannone opened two heart arteries, one of which was 100 percent blocked. He followed that with stents designed to keep the arteries open.

Dr. Pargulski, who sees patients at Iowa Heart Center's office at Iowa Lutheran Hospital and in Ames, says Martin suffered significant damage to her heart. But, he adds, "It's remarkable how well she's done. Her exercise capacity today is that of some-



Wanda Martin

body who has never had a heart attack."

Martin, a mechanic at Iowa State, is responsible for "fixing whatever needs to be fixed" in three buildings on the ISU campus. She also working on fixing herself — watching her diet and exercising at least 40 minutes a day.

"Usually I walk," she says, "but sometimes I watch a Richard Simmons tape and exercise in my living room."

Fortunately, Martin had given up her 28-year smoking habit and lost 30 pounds in the year before her heart attack.

"That's probably what saved my life," she says.

Unfortunately, her family history was against her. Her father died of a heart attack when he was 54. Her mother had a coronary artery blockage, followed by a stent, last year. Martin's 50-year-old brother, because of her heart condition, had a stress test that identified a blocked artery. He had a stent inserted, too.

Today, she says, "I feel wonderful. Before I got sick, I was tired and run down but I actually felt pretty good. I just thought I was getting old. I guess I didn't know how bad I felt."

"And," she says, "I must have looked bad, too, because everyone says I look good now."

HELP YOURSELF

Wanda Martin suffered a near-fatal heart attack early this year. But because she didn't have chest pain or tingling in her arms, she didn't realize it until her husband got her to the hospital.

Only 45, Martin didn't consider that she might have what too many women consider a problem faced only by men. She was so wrong.

Women typically develop heart problems seven or eight years later than men. By the time they reach 65, however, a woman's risk for heart disease is about the same as her male counterpart.

But that doesn't mean younger women are immune from heart disease. Martin is a perfect example of a young, active woman who suffered a heart attack.

Even more frightening is that "women are less likely to survive heart attacks than men. We aren't sure why, but part of it may be that women don't seek treatment as soon as men. Some physicians don't recognize it in women."

Here are recommendations to reduce a woman's chances for heart disease:

Don't smoke. More than half of heart attacks in women under 50 are related to smoking.

Control your blood pressure. Weight loss, exercise and a healthy diet are all ways to help control your blood pressure without medications.

Watch your cholesterol.

Diet and exercise are important; sometimes medicine is needed.

Thin to win. Extra weight strains your heart and arteries.

Exercise regularly. Brisk walking, swimming, jogging or biking will give your heart a good workout. Remember, the heart is a muscle that needs regular exercise to stay in shape.

Watch what you eat.

Concentrate on a low-fat diet.

Control your diabetes.

Diabetes is a major cause of heart disease.

Other factors that can't be controlled include:

Age. The older a woman, the more likely she is to have heart problems.

Heredity. If there is a family history of heart disease or stroke, you are more likely to have it. Martin, for instance, had a father who died of a heart attack and her mother had heart disease.

Previous heart attack. If you have had a heart attack or stroke, chances are one in seven that you will have another within a year. ♦

Dr. Denise M. Sorrentino is with Iowa Heart Center in Ames. She is board certified in cardiology and cardiac electrophysiology and practices at Mary Greeley Medical Center.

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MOTHER & CHILD

By Malisa Rader

Have you ever lost perspective on what is truly important?

Truth be told — I once returned five different bath mats in my search for the perfect shade of lilac to go with my shower curtain!

I have also been known to dress and redress, piling one outfit after another in a heap on my bed because none looks “just right.”

Do you ever throw a tantrum over your spouse's tardiness, only to set the rest of the evening on edge? Do you ever battle your child for a bath when a sticky, happy child would rather go to bed?

In some moments, these issues might matter. But in the long run, how much? I cringe when I think about

the dust that is under the beds in my house, the mounds of clothes to put away in closets, and the infamous “junk” drawer in our kitchen.

What do you want for your children to remember about their home?

The winter afternoon you left the dishes on the table and went sledding in the snow? Or the spotless kitchen floor?

The arrival of the new puppy which required lots of care, attention and feeding? Or the slacks with the perfectly ironed creases?

The occasional late-night playing Monopoly? Or the perfectly organized drawers and closets?

We would all love to have absolute order in our homes, but sometimes these things

have to give way to a more urgent need: time to spend with our children. It's easy to be bombarded with all kinds of information telling you how to be a better parent. If you ask kids, they just want parents to themselves for a bit to play, talk, be silly, and have fun.

So, the next time you catch yourself spinning out in a frenzy, ask one simple question, “Will this matter in five years?” If so, focus your energy on completing what is before you with grace and efficiency. If not, forget it. As busy parents we need to focus on what is important. Try to keep your life in perspective! ♦

Malisa Rader is the parent coordinator for Iowa State University's Child Development Laboratory School.



“Teaching kids to count is fine, but teaching them what counts is best.” — Bob Talbert

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Heart Health for Valentine's Day

Images of Valentine's Day hearts are everywhere. Chances are you are so busy buying heart shaped goodies and cards that you have not stopped to think about the health of your real heart. Heart disease is responsible for the deaths of one in three women in the United States. In fact, heart disease has become the number 1 killer of women in America.

February is American Heart Month, a time when the nation is encouraged to learn more about heart health and to reduce their risk factors for serious heart conditions by making healthy choices.

A simple way to take a positive step towards heart health is to use The American Heart Association's heart-check mark to help you make healthier food choices. The heart-check mark is a convenient and time saving way to identify heart healthy foods while you are at the grocery store.

The American Heart Association established its Food Certification Program in 1995 to provide consumers a quick, easy way to identify heart-healthy foods. Before the heart-check mark can be displayed on a package, the food must pass nutritional guidelines and reviews as well as meet all appropriate governmental regulations.

To be certified a food must meet the following nutritional levels per serving.

- Be low fat; less than or equal to 3 grams
- Be low saturated fat; less than or equal to 1 gram
- Be low cholesterol; less than or equal to 20 milligrams
- Have a sodium value of less than or equal to 480 milligrams for individual foods.
- Contain at least 10% of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

The list of manufacturers who participate in the Food Certification Program continues to grow. Look for products from the following manufacturers that use the heart-check mark to identify their heart healthy products.

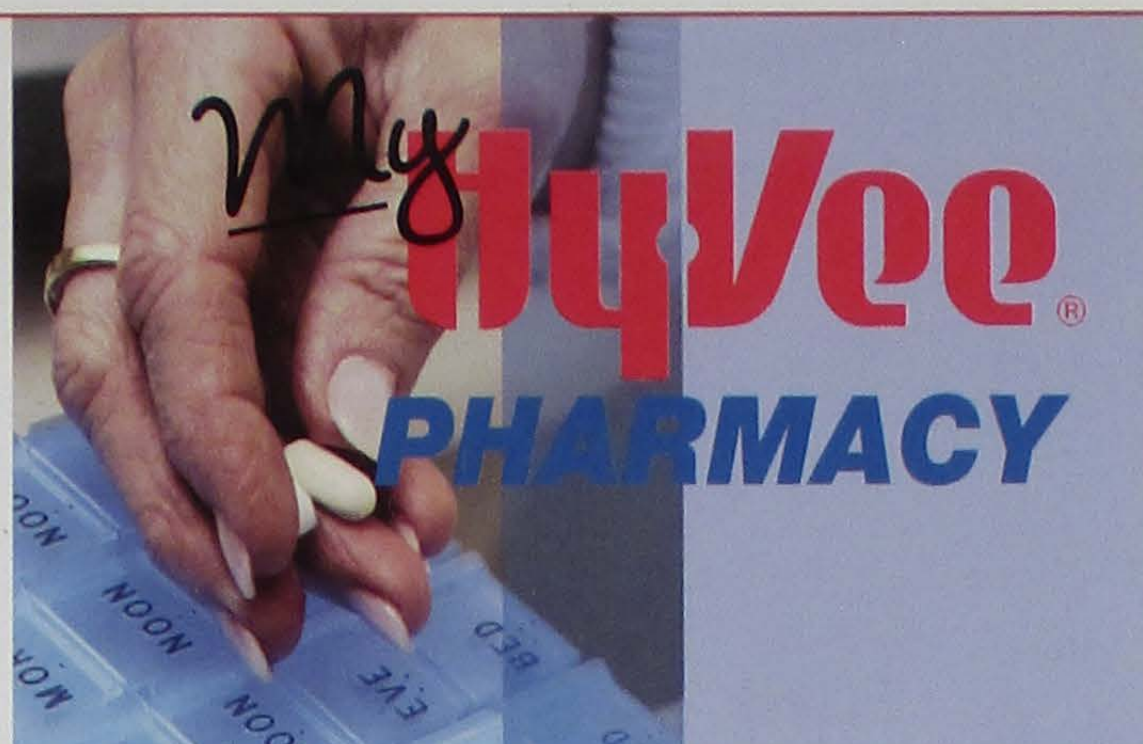
- Campbell Soup Company-Pepperidge Farm, Inc.
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- General Mills, Inc. - 8th Continent, LLC
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- The Coca-Cola Company
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Amber Hamman is the dietician and health market manager for Hy-Vee in West Ames. 1013hmarket@hy-vee.com 292-5543



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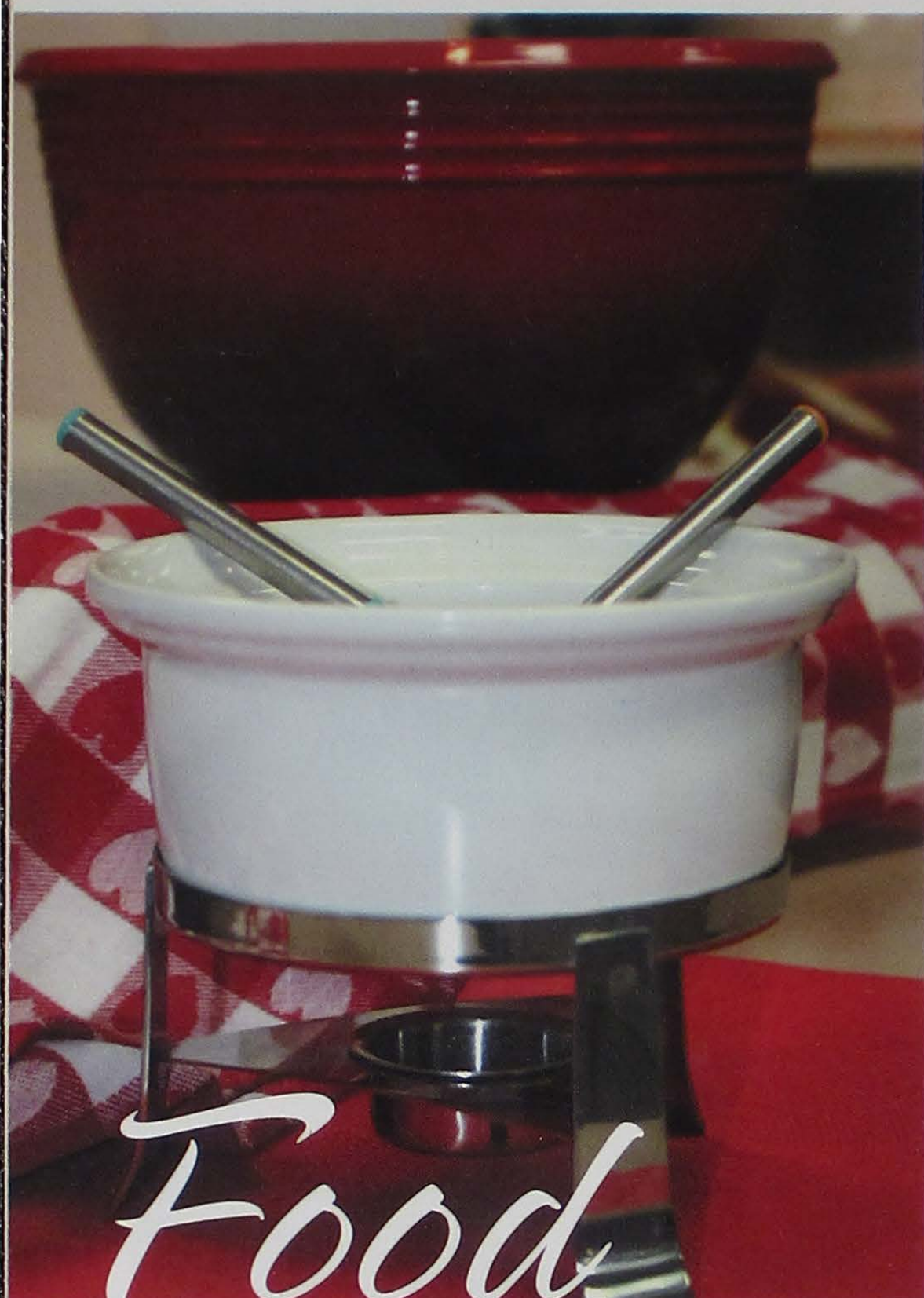
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Food BITES chocolate!

By Frances Wilke
Facets Editor

Chocolate, the very word, sounds smooth no matter how you say it. And whether you pronounce it with two syllables or three, chocolate can sound sweet in February. It can travel well this time of year, and it is a safe bet to thaw any fickle heart.



The best chocolate doesn't come cheap. This year a box from Temptations at 309 Main St. in Ames will set you back about \$9.95 for 15 precious truffles — about one-half pound. Don't forget, the taxman gets his morsel too, as chocolate is not "real food." Feel free to say the mantra, "smaller is better." Those words can be a salve that can work wonders for the heart and the pocketbook.

I try to keep a stash of it in my desk at work. If there is an especially stressful moment in the newsroom, I hand it out as my mother-like position allows. For me, only dark, bittersweet chocolate will do, but it is not to everyone's taste. Tribune Managing Editor Mike Krapfl tells me that his wife, Anne, keeps baking chocolate chips in the house to satisfy her cravings. Since Anne has a willowy figure, I will look upon it as my own license to indulge.

Good news: A few studies have come out recently about how milk mixed in with the chocolate helps deliver important flavonoids, these flavonoids have a potent effect on antioxidant activities making it work its medical magic. So Franny the Food Fairy says the following recipe would be a good one to try this February.

It takes two to fondue

Fondue is just melted chocolate with some serving theatrics thrown in. What other dish could you indulge in while sitting across from your date holding a long sharp

object without a campfire in front of you? From adding a couple of habanero peppers to leaving it au naturel, there are many different recipes for this dish.

I suggest that adding only vanilla, coffee or almond flavoring is the track to take. But if you're not working with a quality chocolate,



feel free to blast away with orange or even peppermint flavorings.

Now to the dipping part. This is a way to force your loved one to eat fruit. Take advantage of it. Strawberries, pineapple, bananas, tangerine slices and grapes all sit nicely on a stick. For those who need a more pure sugar fix, there are cookies, meringues or pieces of pound or angel food cake to satisfy the hunger. (Note, I said "pieces." Don't try to put the whole cake in your fondue pot!)

So, here's the recipe. Break out your Earth, Wind and Fire records and your leather-fringed jacket and don't sit too close to the sterno. It's time to fondue.

Ingredients:

6 ounces semisweet chocolate, chopped
1/3 cup heavy cream
1 tablespoon of dark coffee or vanilla extract or Grand Marnier, rum.

Gently melt chocolate over hot water in a double boiler or heat in microwave on medium power for 2 to 3 minutes; blend until smooth. Whisk in cream. Stir in liqueur or extract (not both). Transfer to serving dish or fondue pot. Serve with your favorite dippers. (Remember, not the whole cake!) ♦

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- Healthy lifestyle breakout sessions
- Boxed lunch
- Style Show & Lifestyle Fair

Event Agenda:

8:30 a.m. to 1 p.m. – Registration

8:30 a.m. to 4 p.m. – Lifestyle Fair

9:30 to 10:30 a.m. – **Keynote Speaker, Karyn Buxman:**

"Is the Noise in My Head Bothering You?"

10:45 to 11:45 a.m. – Breakout Sessions

11:45 to 1 p.m. – Lunch Break

12:15 to 12:50 p.m. – Style Show Featuring:

- Talbots • Carlisle Clothing • Weekender

12:55 p.m. to 1 p.m. – Door Prize Drawing

1:15 to 2:15 p.m. – Breakout Sessions

2:30 to 3:30 p.m. – Breakout Sessions

3:45 to 4 p.m. – Door Prize Drawing

Registration

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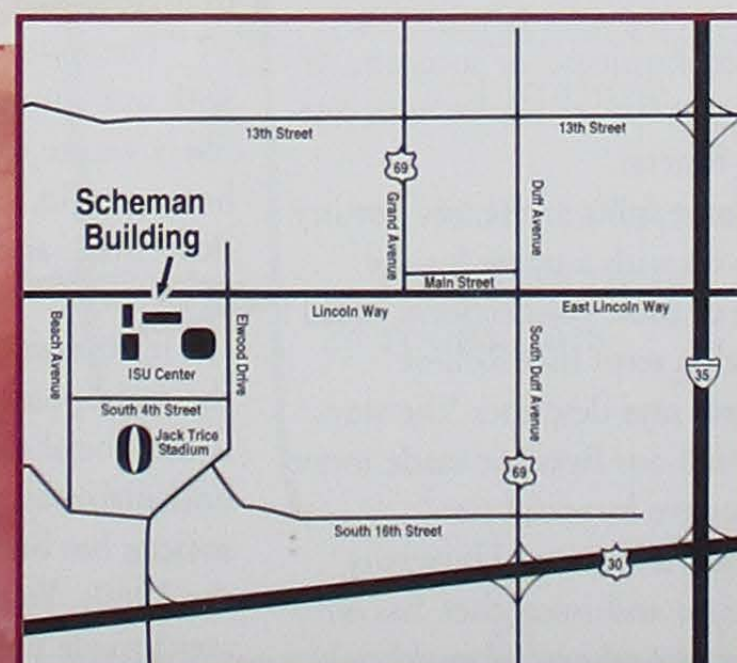
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**Scheman Building,
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hue & cry

Definition: *Any loud clamor or protest intended to incite others to action.*

Becoming a (social) capitalist

By Heidi Marttila-Losure

I'm at the moment happily engrossed in the world of "Angry Housewives Eating Bon Bons" by Lorna Landvik.

This selection for the book club I'm in is, fittingly enough, about a women's book club that gets its name from a disapproving husband. The women adopt the name with honor, though they are rarely angry together and instead spend a great deal of time laughing.

But beneath the easy camaraderie is a strong support system that keeps these women standing upright to face whatever challenges find them: rebellious children, troubled marriages, even terminal disease.

I think we all realize how valuable those social connections are. Humans are social creatures, and we achieve greater things by working together than we would working alone. Our connections mean we have someone to call for a ride when a car doesn't start, an extra set of hands when we're moving furniture, or someone to share to a box of tissues with during a funeral.

Some folks in the last century came up with a name for the value of these connections: social capital, a term that Robert Putnam says describes "the ways in which our lives are made more productive by social ties."

Putnam, a Harvard University professor and researcher, has written or co-authored several books on the topic, most famously "Bowling Alone: The Collapse

and Revival of American Community."

Social capital is a broad term, everything from saying hello to your neighbor to spearheading a financial campaign to build a new library — anything that makes a connection between you and the people around you.

The more connected we are — whether as families, communities, or whole societies — the more social capital we have. And, Putnam writes, research has shown that the benefits of a society rich in social capital are substantial: Communities where neighbors know one another better have lower crime rates. Children, even those who for one reason or another would be labeled "at risk," are more likely to succeed in communities with high social capital. People who grow up with strong social connections are more likely to have economic success in life, and their communities prosper with them. And social connections dramatically benefit our health — "The more integrated we are with our community, the less likely we are to experience colds, heart attacks, strokes, cancer depression, and premature death of all sorts."

It's unfortunate, then, that the main point of Putnam's book is that social capital, once an undeniable asset of American society, has been declining since the 1960s. Younger generations aren't made up of "joiners" anymore, and the dwindling membership rolls of our nation's civic organizations show this trend.

Many factors have played into this — the increase in hours we spend in front of the television is one of them — but several are evident in Ames and its surrounding communities.

Commuting drives down social connections; research shows that every 10 minutes of additional commuting time reduces social involvement by 10 percent. In Ames, a substantial portion of the working population commutes to work, many of them driven out of Ames' city limits by a lack of affordable housing.

We have become an increasingly mobile society, which can be detrimental to social capital. "For people as for plants, frequent repotting disrupts root systems," Putnam writes. "It takes time for a mobile individual to put down new roots." Newcomers, while they are newcomers, are far less likely to take part in their communities.

Iowa State University makes Ames a very transient community; students, faculty and their families cycle through regularly. And while many organizations on campus make efforts to connect people, connections for family members off campus, or between the students and the town, are not as actively addressed.

But Ames, at least to this relative newcomer, doesn't seem to have a noticeable lack of social capital. Maybe residents have recognized the challenges that come with being a college town and have doubled their efforts to overcome them.

But that doesn't mean we can't work to get more social capital in the bank.

The Better Together Web site (www.bettertogether.org) has come up with a list of 150 ways to build social capital; the approach you choose depends on how ambitious you are.

Finding a group in your community to join or volunteer for is a good start. There is a long list of organizations nationwide and right here in Ames where a donation of your time would yield social capital dividends.

And book clubs are a great option. Who knows — you might even find yourself making your community a better place as you laugh with your very own group of "angry housewives."

Here are some places where you can "invest" to create social capital.

GLOBALLY: If you want to work globally, joining the Peace Corps is an option. Megan Pape, ISU's Peace Corps representative, says volunteers probably won't see monumental changes, but they will see smaller ones.

www.peacecorps.gov.

NATIONALLY: Poll workers are needed for every election, and finding enough is sometimes a challenge. www.eac.gov/poll_worker.asp

LOCALLY: The United Way of Story County has a list of its partnering agencies that's a good place to start; go to www.uwstory.org/partners.cfm. ♦



Heidi Marttila-Losure is a copy editor at The Tribune. Contact her at hlosure@amestrib.com.

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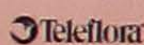
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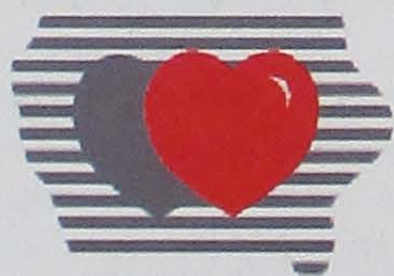
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From left: Jennifer Britten, ARNP; Denise Sorrentino, MD; Syed Ali, MD; Pat Aldrich, ARNP; and Jeffrey Boyd, MD. (Not pictured: Kevin Crowe, MD)



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